

Los Angeles County, Department of Mental Health
Older Adult Workshop 2025-2026

Anderson Memorial Senior Citizen Center
828 South Mesa Street, San Pedro, California 90731, 310.548.7596

7/23/25 Belinda / June Health; Wellness and wholeness ? Salud, Bienestar y Plenitud - Discover how staying emotionally and physically fit can keep you healthy and give you a positive attitude. Learn how establishing social networks and support can benefit you, your friends, your family and the community in which you live.

8/6/25 June: Depression and Anxiety / Depresion y Ansiedad - Learn to recognize the symptoms of depression and anxiety in seniors. Find out what contributes to these problems and what needs to be done when you or someone you love suffers from depression or anxiety.

8/20/25 Belinda: Preserving your memory / Preservando su Memoria - As we age we all have moments of forgetfulness. This presentation will provide useful tips and brain exercises to sharpen your thinking and help keep moments of forgetfulness to a minimum.

9/3/25 June: Good Sleep for Emotional Well-being for Older Adults / Dormir Bien para el Bienestar Emocional de los Adultos Mayores - Getting a good night's sleep is key for emotional well-being. Learn about the importance of sleep and get helpful tips on healthy sleep habits.

9/17/25 Belinda: Grief and Loss / Duelo y Perdida - Grief that comes with loss is a common stressor facing older adults and can be a challenging experience. This presentation defines grief and loss, explains the components of the grief process, and describes the symptoms of grief to prepare participants for what to expect from losses. Tips are imparted to improve our ability to cope with and move on from loss.

10/1/25 June: Hoarding / Acaparramiento - Learn to identify the differences between collecting, cluttering, and hoarding, and the need for treatment for those who might have a significant problem.

10/15/25 Belinda: Social Isolation / Aislamiento - Learn about how isolation can affect mental and physical health. Get ideas on how to manage isolation and make simple changes in your life in order to live a healthy and productive life.

11/5/25 June: Holiday Blues / Tristeza Navideña - Holidays can be a challenging time for seniors who have suffered losses or who are feeling alone and without family or social

support. This seasonal presentation discusses strategies to combat feelings of sadness or "the blues" during the winter holidays.

11/19/25 Belinda: Stress Management / Manejo del Estrés - This presentation defines stress and describes different forms of stress and explains the ways in which stress can impact one's life. Tips are offered to assist older adults in dealing with stress more effectively to improve their quality of life.

12/3/25 June: Managing your Medication/ Como Administrar se Medicacion - Learn the importance of sticking to your medication regimen and other useful information on the proper use of medications. Get tips on what to ask your doctor and pharmacist when you get a new prescription.

12/17/25 Belinda: Resiliency / Resiliencia - We all have challenging events that occur in our lives, but how can we better cope with the stress of these life events? Resilience is an ability that can be developed in anyone. Learn tips on cultivating this valuable skill.

1/7/26 June: Discover Your Passion / Descubra Su Pasion - Discovering our passion can give new meaning to our lives. This presentation will help reflect on feelings of joy and happiness. The discussions will lead to the (re)discovery of passion and purpose by exploring a whole new world.

1/21/26 Belinda: Know the Scams, Don't Be a Victim / Conozca las Estafas, No sea una Víctima - As technology improves and as the older adult population increases, financial abuse of older adults is becoming more frequent. This presentation defines financial exploitation, identifies common scam techniques, how to identify a scam, and presents tips on preventing scams and dealing with scams.

2/4/26 June: Emotional Intelligence / Inteligencia Emocional - This presentation defines emotional intelligence, the components of emotional intelligence, and explains how it impacts an individual's daily functioning in the context of interpersonal relationships. It also imparts tips on improving one's emotional intelligence in order to improve their quality of life.

2/18/26 Belinda: Late Life Transitions / Transiciones en la Vejez - As we age, we all face key social, physical, and psychological changes. This presentation identifies late-life transitions which can affect the way we function and offers tips on maintaining a positive self-view, feeling good about our past, and making the most of life in the face of these changes.